

Participant Guidelines:

Bodhichitta Kadampa Buddhist Centre In-Person Class

General Information

- Please stay at home if you are sick or a household member is sick. If you need to assess your symptoms, please call 8-1-1 or use the BC COVID-19 Self-Assessment tool.
- Participants will be greeted at the Bodhichitta Centre entrance door at 970 Blanshard Street. Taped lines on the pavement will indicate where to line up while maintaining social distancing. The instructor will open the door 10 minutes before the class starts.
- **Face masks are highly encouraged** but not required for participation (at this time)
- The greeter will check you in and ask if you have symptoms of COVID-19. If you have any symptoms, you will not be permitted to take part in the class. Please pay attention to the greeters instructions.

Getting Ready For Your Class

- Wash or sanitize your hands before and after your class. Frequent hand washing is highly encouraged.
- Washrooms are available in the hallway outside the kitchen. They are maintained by the building, not by us, so use at your own risk. Please wash or sanitize your hands upon returning to the Centre.
- Bring your own water bottle (capped) as there will be no refreshments served.
- Please put shoes away in the designated area and take your possessions with you to your chair.
- Practice physical distancing as you enter the teaching space. One person at a time will enter the meditation room and be directed to a chair.

During the Class

- Teachers and students are to remain in their designated chair throughout the sessions.
- Teachers and students will **not** chant prayers out loud verbally, but mentally recite the words.

After Your Class

- Please be prepared to be patient when the class is over. As you retrieve your shoes be sure to adhere to the physical distancing requirements (2m).
- Please exit as promptly as possible using the door leading to Blanshard Street only.